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Methods of Technical Improvement of the Football Player

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Annotation: At the heart of the football game is the struggle of two teams that unite players in a common goal, the pursuit of victory teaches players to act as a team, to help each other, methods of cultivating feelings of friendship and camaraderie are highlighted.

Keywords: methods, football, player, technical improvement

There are some unique ways to improve the technique of carrying the ball. They are encouraged not only to develop movement skills, but also to strengthen them and to address the issues of their safe use in the game environment.

In order to improve the skills of resistance to distracting movements, a comprehensive training method is used, ie initial exercises, motor skills that develop motor skills, adapt to internal and external conditions, master new rhythms, improve analyzers. .

One-sided preparation method.

The technical skill of the players is physical and technical in every way depends on the preparation. It is important to bring all exercises closer to basic movement skills depending on the structure and and character. This includes the quality of the movement, which is part of the movement skills, as well as all-round physical training

It should be noted that In particular, it is important to develop agility, which creates great ability to adapt to changing environmental conditions and wrestling. Consequently, training agility is a training of perseverance.

The action is different from the game, in combination with other actions conditions, should be performed in different situations of the players. In addition to the players, it is very important to create "Zapas" conditional rings. This requires extensive use of the ball, free practice and other techniques. Here the focus is on precise movements (ability to distribute force, mobility in the joints, agility)should focus.

Quickly and in a timely manner to maintain static pressure the ability to know how to strengthen a joint is important. It is important to exercise for this purpose.

The first method of preparation.

Preliminary training exercises are used to achieve the required level of readiness of the neuromuscular system to perform the techniques more effectively. To do this, you need to combine auxiliary exercises with simplified and standard techniques.

Method of strengthening movement skills. The most convenient way to build skills is to repeat the movements many times between breaks, which is the most convenient of them, that is, the most effective of the movements. Exercises that help maintain a positive emotional state can also be used for this purpose. Physiological processes

in the body the correct sequence is followed in complicating the exercises, taking into account the state of slowing down.

When choosing a "teaching" method, the indirect method is preferred as the effective method. The player learns to mentally reinforce the thought exercise. The athlete is told the results of the movement and the assessment of it, the delay reflexes (fake starts, "acceleration of the ball") movements, etc.) and conditional braking, ie the strengthening of this or that inappropriate movement as conditioned reflexes (for example, when a player fails to kick and pass 11 m., ie he feels insecure about this blow). struggle will be waged. [9.15.16.39]

A method for developing motor skills.

Muscles that are sources of force do not forget about the factors of force (weight, friction, resistance), remembering that when they work, there is a mutual muscular force between them and external forces (gravity, friction, resistance of the opponent, etc.).) must be differentiated very carefully.

In this regard, the ability of players to differentiate between temporal and spatial parameters and forces of different movements is given priority. Because "it is impossible to move in the right direction without feeling the space, it is impossible to create a certain speed in motion without understanding the time, it is impossible to change the speed in the right way" (V. S. Farfel).

So it is necessary to create clear sensations. To do this: to form a clear understanding and evaluation of the first space and time, the ability to assess the quality of spatial compatibility;

2) The ability to fly the ball at a distance, to change the length and frequency of the steps while moving the ball, the frequency of the impact on the ball.

Proposed to develop motor skills exercise

1. Running 30 meters with the ball (speed in the first round - 5 seconds, in the second round - 5.5 seconds, in the third round - 4.5 seconds).
2. 30 m with the ball. Running on the first floor - 1.5 m, the second - 2 m, the third - 1 m).
3. Running 30 m with the ball. (First step - 30 steps, second step - 32 steps, third step - 25 steps).
4. Kicking and passing the ball into the net (20 times per minute, 45 times per minute, 25 times per minute).
5. Kicking and passing the ball for 40, 25, 30 meters.
6. After jumping to the maximum height, jump twice lower.
7. 30 cm. jump to a height of 10 times counting errors.
8. Kicking and transmission to distance and accuracy at once. There are other exercises that can be done to help prevent braking.

Adapting movement skills to internal and external conditions methods.

Performing game techniques in a variety of contexts is a key method of adapting to both internal and external conditions. Therefore, it is necessary to change the training conditions of the player (depending on the nature of the exercise and the load). For example, it is useful to alternate the training area with the manege, snow, lawns, etc.

The conditions and order of the exercises (for example, kicking and passing the ball at the beginning, middle, and end of the exercise) should be changed frequently. Standard conditions are also changed by inserting leading and

tracking landmarks, additional objects (for example, by changing the position of the sliding gate: reverse to the sun, facing the sun, against the wind, facing the wind).

There is a lot of talk about how players can change the form and character of the action depending on the movement tasks that occur, how to move from one movement to another, and how to feel the whole of the non-cyclical movement from the beginning to the end of the game. This is achieved by combining the first and last cases of different methods.

Special equipment in the form of barriers is used. The variation of the technique is achieved by adapting to the changing conditions of training and competition (in particular, by changing the size and weight of the ball).

Developed skills can sometimes be slightly impaired by a variety of conditions (fatigue, constant and extreme difficulty of movement tasks, sudden changes in the situation, etc.). It is important to remember that adaptive skills do not develop quickly, but gradually.

The method of acquiring new rhythms. Rhythm is a condition for improving the process of skill formation. Managing the dynamics and rhythm of muscle contraction is one of the tasks of managing movement skills. The player must be able to control and evaluate the pace of movement. Self-assessment and self-monitoring play an important role in achieving a sustainable response plays

Exercising from one pace to another is like mastering a rhythm is a tool. To this at a certain distance (30 m.). exercise to carry the ball at a given speed (5, 6, 7 sec, etc.). Switch from one exercise to the next. Similar exercises help to develop the ability to maintain the same speed even in difficult conditions, which is always very important in the fight against the opponent.

Method of improving analyzers. It is important to know how to use different analyzers to increase the efficiency of a player’s movement activities.

This is especially true of the senses of sight and hearing. You need to know how to evaluate them. This knowledge is useful when performing specific exercises (for example, the elimination of control to perform movement tasks "in spite of").

Comparing the speed of work with information about the time spent in motion, as well as comparing real time with subjective emotions, serves the same purpose. You can use the ball as a training exercise.

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